

CROSSFIT KING OF PRUSSIA

PALEO POTLUCK

4.16.10

Jamie & JZ's Paleo Candy Bars

3-4 T coconut oil

¼ C carob or cocoa powder

½ C ground nuts

¾ C dried shredded coconut (unsweetened!)

1T or more to taste honey (J uses raw unfiltered) (optional)

Instructions:

-Melt honey and oil together in saucepan over medium heat

-Add carob, nuts, coconut

-Form into a square by dumping into a small baking sheet

-refrigerate or freeze til hard

-cut and eat

Melanie's Chicken Salad Lettuce Wraps

Diced grilled chicken (grilled with salt, pepper, garlic)

Peeled/diced Granny Smith Apple (sprayed with Olive Oil)

Diced celery

Paleo Mayo: 1 egg, ¼ tsp dry mustard, 1tsp lemon juice + ½ -¾ C light olive oil (add first three ingredients in blender, then blend slowly adding oil)

Toasted crushed walnuts, optional

Lettuce leaves

Jaime & JZ's Butternut Squash Soufflé

1 butternut squash

2 eggs

¼ tsp sea salt

½ tsp pumpkin spice

2 T coconut milk

Chopped pecans

Instructions:

-Cut squash in half/remove seeds

-Place in shallow baking pan with one inch of water

-Bake @ 350 for 50 min until VERY tender

-Scrape squash out of skin and puree in blender or food processor

-Add remaining ingredients EXCEPT pecans

-Spread into small GREASED baking dish

-Sprinkle pecans on top

-Bake @350 for 35 min until set and golden brown

Ditty and Plentus' Pumpkin Muffins

*Six eggs
1/2 cup pumpkin
4 Tablespoon coconut oil, melted
3 Tablespoon honey and/or agave
1 tsp vanilla*

1/2 tsp nutmeg

*1 tsp cinnamon
1/2 cup coconut flour*

1/2 tsp baking powder

Non-stick spray

Instructions:

-Preheat oven to 400

-Mix all but flour and baking powder.

-Mix baking powder with flour, and add slowly to the egg mixture, mixing until lumps are gone.

-Use a lot of spray in each muffin pans, and add about 2Tbs. of batter in each muffin mold

-Add walnuts on top and bake for 15-17 minutes @ 400

Nutritional Information:

Calories: 146

Protein: 5g

Carbs: 9g - 4g fiber = 5g usable carbs

Fat: 9g

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Jen's Garlic Crackers & Carrot/Cumin Dip (for those who miss hummus!)

Garlic Crackers:

1 C almond meal

1 large garlic clove, finely chopped

1 tsp olive oil

1 egg white

good dash of salt

Dash ground hot paprika (optional)

Instructions:

-Pre heat oven to 180C, fan-forced (350F)

-Place all ingredients in bowl and combine well

-Place mixture on a sheet of baking paper, and place another sheet over the top. Roll mixture out into 3-4mm thickness using a rolling pin

-Score pastry with the back of a knife into individual square pieces.

-Carefully remove top sheet of baking paper, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray (donkey sez, just start the whole thing on top of the baking tray, you won't scrap it when you score because the paper's there to protect it)

-Place in oven for 15-20 minutes or until slightly browned. Leave to cook then break crackers into pieces.

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VARIATIONS OF JEN'S "PASTRY":

(knowing how to "score" pastry is a necessity for this recipe!)

Sesame Seed Crackers

1/3 C almond meal

1/3 cup sesame seeds

1 tsp olive oil

1 egg white

good dash salt

Same instructions as above

Poppy Seed Crackers

1/3 C almond meal

1/4 C sesame seeds

1 T poppy seeds

1 egg white

good dash salt and pepper

Same instructions as above

Carrot and Cumin Dip

2C diced carrots

1 T ground cumin

4 cloves garlic, chopped finely

2 T olive oil

1 tsp salt

2 T tahini

1 T olive oil

1T lemon juice

Instructions

-Preheat oven to 180 C (350)

-on an oven proof tray, place carrots, garlic, cumin, oil and salt

-bake for 30 minutes, remove and allow to cool

-place in food processor along with extra olive oil, tahini, and lemon juice. Blend until a smooth paste is formed.

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Aimee's Chicken Apple Hash (Whole 9 inspired)

Free-range boneless skinless chicken breast

2 Apples

Paprika

Cumin

Cinnamon

Chili Power

EVOO

Instructions:

-Finely chop chicken

-Grate 2 fuji apples, include the seeds if you feeling particularly paleo and would like small dose of anti cancer fun.

-place a nonstick skillet over medium heat and add generous amount of EVOO. Add 1-2 tsp of any of the above spices and allow to infuse for ~2 min.

-Add chicken to the infused oil and stir frequently to brown the chicken on all sides. When the chicken is almost completely brown, add the apples and cover pan for 3-5 min stirring occasionally.

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Steph's "I don't know What to Call It"

*Riced Cauliflower**

1 lb Ground beef

broccoli slaw (1C?)

chicken broth (1C?)

tomato paste (2T?)

seasonings to taste

Hot sauce (1/4C?)

*Riced Cauliflower: 1 heat cut apart, cover with water and microwave 5 min, drain, food process.
Sauté with coconut oil, salt, pepper until tender.*

*Soup: Brown seasoned ground beef and drain. Add tomato paste, chicken broth, and broccoli slaw.
Bring to boil, add back in meat. Sauté until tender; season to taste. Serve on top of Riced
Cauliflower or mix together.*

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Donkey's Pecan-Crusted Baked Tilapia

Bunch of pecans. Can also use almonds or macadamia nuts or whatever.

1 or 2 eggs, depending on how much fish you've got

tilapia filets

dried garlic flakes to taste

sea salt to taste

pepper to taste

Instructions:

-preheat oven to 450

-spray oven sheet with coconut oil (gary's world of wellness is the only place I've seen coconut spray)

-beat the eggs in a bowl

-food process the nuts until they're shy of becoming flour. Or go all the way to flour, I don't care. Just don't go to nut butter, that's too far! This takes about 30 seconds. If you don't have a food processor, you can chop finely with a knife, it will still work.

-add the seasonings of your choice to the nuts and mix in a bowl

-dip the filets in the egg

-press into the nut mix on both sides

-lay the fish onto the greased baking sheet. Lightly spray the top of the fish with coconut oil.

-bake @450 for about 15-20 minutes depending on your filets and how thick they are. Turn once while baking if you like. Or don't.

Donkey's Coconut Curry Shrimp

-some shrimp

-some coconut flour-sea salt, pepper, curry powder, garlic powder, and a little bit of turmeric (gives it a pretty color) and ground cumin, to your taste. i don't really measure anything, so start slowly and add more to taste. a little turmeric goes a LONG way. different curry brands taste differently and have different levels of heat to them. you can skip curry altogether (although if you do skip the turmeric also), or increase the heat by adding some cayenne powder too. I like this spicy but last night I toned it down in deference to guests — there was minimal curry and no cayenne last night.

-an egg or two, beaten, depending on how much shrimp you have

-dried unsweetened coconut flakes or shredded coconut

Instructions:-preheat your oven to 425

-clean the shrimp if they aren't already (de-vein and remove shells), and rinse in cold water.

-dunk the shrimp in the egg, (do it all at once, don't be shy) and mix with your hands until each piece is coated

-dunk the shrimp in the coconut flour mixture, again mixing with your hands, letting it coat the pieces entirely

-dunk the shrimp back into the egg mixture, then roll them through the coconut shavings.

-bake in a single layer on a flat baking sheet sprayed generously with coconut oil, @ 425 for about 12-20, depending on how many you have, until they are done. You can also spray the top with coconut oil and I reco this...coconut flour sucks moisture up like a sponge. Turn the shrimp once or twice while cooking.

Donkey's Mango Salsa (goes well with both fish dishes above)

Mangoes, chopped

red onion, diced

skinned diced cucumber

juice of 1 lime

a little garlic

cilantro & sea salt and pepper to taste

mix together. This is MUCH BETTER if you make it a day before. Assuming anyone has the luxury of pre-planning.

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Nikki and Kerry's Dinner Salad

Lettuce

Peppers

Tomato

Onion

Balsamic Vinegar

EVOO

Pappas Fruit Salad

Blackberrys

Mangos

Strawberries